

QUARTER 2 GROUP FITNESS CLASSES

APRIL 1 - JUNE 14

MON	TUES	WED	THU	FRI
11:15-12:15 Yoga for Stress & Flexibility-Gwen 240 Parsons Ave Fitness Rm 1	11:30-12:30 Yoga for Stress & Flexibility-Gwen 3639 Parsons Ave Rm 101 7	11:30-12:30 Yoga for Stress & Flexibility-Lori 1111 E Broad St *Floating 13	11:30-12:30 Incinerate-David 240 Parsons Ave Fitness Rm 19	11:30-12:00 Meditation-Gwen 77 N Front St STAT Rm 23
12:30-1:30 Yoga for Stress & Flexibility-Gwen 240 Parsons Ave Fitness Rm 2	11:30-12:30 Adult Recess-Charles 77 N Front St STAT Rm 8	11:30-12:30 Yoga for Stress & Flexibility-Gwen 77 N Front St STAT Rm 14	12:00-1:00 Yoga for Stress & Flexibility-Betsy 1250 Fairwood Ave Rm 182 20	11:30-12:15 Tabata-David 240 Parsons Ave Fitness Rm 24
11:30-12:30 Boot Camp-Kristi 3639 Parsons Ave Gym 3	1:00-2:00 Yoga for Strength-Gwen 240 Parsons Ave Fitness Rm 9	11:30-12:00 Meditation-Betsy 240 Parsons Ave Fitness Rm 15	4:00-5:00 Boot Camp-David 3776 S High St COAAA 21	
11:30-12:30 Yoga for Flexibility-Lori 77 N Front St STAT Rm 4	3:30-4:30 Boot Camp-Kristi 3776 S High St COAAA 10	12:30-1:00 Meditation-Betsy 1250 Fairwood Ave Rm 0039 16	5:00-6:00 Zumba Fusion-Kerry 77 N Front St Basement 22	
4:00-5:00 HIIT-Kristi 910 Dublin Rd Auditorium 5	5:00-6:00 Cardio Kickboxing-Kristi 240 Parsons Ave Auditorium 11	4:00-4:45 Body Basics-Kristi 910 Dublin Rd Auditorium 17	<div> REGISTER FOR YOUR CLASSES PRIOR TO ATTENDING! columbus.gov/hr/healthy-columbus/wellness-program/Group-Fitness-Classes/ </div>	
5:00-5:45 Fit & Functional-Brian 240 Parsons Ave Fitness Rm 6	5:30-6:30 Yoga for Stress & Flexibility-Lori 3776 S High St COAAA 12	5:00-6:00 Hip Hop Dance Fusion-Jonika 240 Parsons Ave Fitness Rm 18		

NOTES

No classes on Monday, May 27th in observation of Memorial Day.

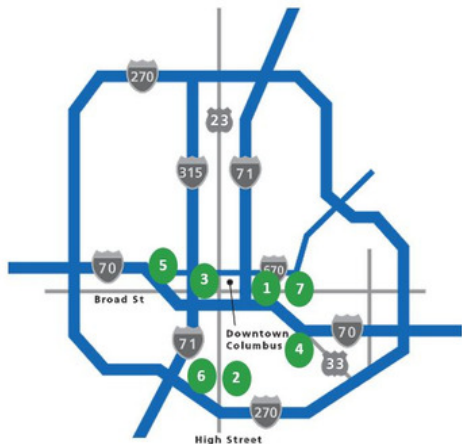
Registration for Quarter 3 opens on Monday, June 17th.

*Group fitness instructor/s or Healthy Columbus staff will communicate any class changes (cancellations, room location, etc.) via email.

Visit columbus.gov/healthycolumbus/groupfitness for class descriptions or flip this sheet over.

FEATURED

STRIVING TO IMPROVE EMPLOYEE WELLNESS ONE LOCATION AT A TIME



LOCATION KEY

- 1-240 Parsons Ave
- 2-3639 Parsons Ave
- 3-77 N. Front St.
- 4-1250 Fairwood Ave
- 5-910 Dublin Rd.
- 6-3776 S. High St.
- 7-1111 E. Broad St.

INSTRUCTOR SPOTLIGHT



BRIAN PENN

Health, fitness, and sports have been a significant part of Brian's life for over 25 years. As a former collegiate athlete in both track & field and basketball, he's developed a likeness to training at a very high level of intensity. Fitness goals and maintaining a healthy lifestyle remain essential factors in his everyday life. He loves to see people strive for and reach their goals; both personal and fitness. His outgoing personality and ability to connect with people allows him to develop close partnerships with the people he trains and works with. He teaches Fit & Functional on Mondays (5:00-5:45) at 240 Parsons Ave.

CLASS DESCRIPTIONS

Body Basics-Body Basics is designed to slowly transition you from fitness novice to intermediate. You will learn different combinations of exercises to tone and create long lean muscle.

Boot Camp-This class will work on building strength, endurance and power by combining compound movements and extended rest periods.

Cardio Kickboxing-This class will be a total body fitness experience using punching, kicking, and jabbing. Gloves and pads will be used for all levels to be challenged. Other cardio and core training will be incorporated.

Fit & Functional-This class will incorporate functional training that will use body weight, stretching, and yoga moves, combined with jump rope, and movements reminiscent of recess. It will be something different each week and hit total body!

Tabata-Tabata involves short bouts of explosive interval moves done for 20 seconds each for eight rounds, with a 10-second break between each round. It can burn a whopping 13.5 calories a minute-and double a person's metabolic rate for 30 minutes afterwards.

HIIT-High Intensity; fast paced workout designed to increase endurance and strength by incorporating short rest periods with high tempo work periods.

Hip Hop Dance Fusion-This class is a full-body, high energy exercise that is suitable for both beginners and advanced exercise enthusiasts. This class be a diverse way for you to get the exercise you need each day. Each class will vary ensure you receive optimal results.

Incinerate-Train every part of your body with free-weights, cardio, and core exercises. Routines will change weekly, incorporating body resistance, circuit/station training, and high intensity cardio. Intermediate to advanced fitness levels welcome.

Meditation-UNPLUG in a session of deep meditation. We explore different techniques using the breath and guided mediation techniques to practice together. Class is 30 minutes and you come away de-stressed, relaxed and refreshed.

Total Body Strength-Instructor led weight training designed to help improve strength and endurance by adding dumbbells and other equipment into a workout.

Yoga for Strength-This is a faster paced Yoga class that focuses on building strength while emphasizing balance & stability through more Sun Salutations, Balance Poses, and a few inversions for fun.

Yoga for Stress & Flexibility-Moves at a slower pace focusing basic poses and calming the mind and body. A few minutes of quiet meditation brings the class to an end. The student is revived and energized and ready to continue the work day.

Zumba© Fusion-Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba© Fusion classes feature exotic rhythms set to high energy Latin and international beats.

Have further questions?

Please email Jacob Hittle at jthittle@columbus.gov.